

Virginia Marie Granados Adult and Senior Center Gazette

500 Freiling, San Antonio, TX 78213 (210) 207-3285

September &
October
2016

Visit us online @ www.sanantonio.gov/parksandrec



4th Annual Talent Show

Wednesday, September 21 at 5 p.m.

Be a part of the Talent Show and sing, dance or tell jokes. Pick up registration forms and rules at the desk and return by September 14. Enthusiastic audience members are also needed. This free, family-friendly event is open to the public. **Aetna** will provide the refreshments.

A Matter of Balance (AMOB) - Fall Prevention Class

Do you stay home because you're afraid of falling? Join this class to learn tips to avoid falling and do simple exercises to strengthen your lower body. This 8-week class meets on Tuesdays, October 25 through December 13 from 1:30-3:30 p.m. Pre-registration is required for this free class.

Movie with United Healthcare

Thursday, October 20 at 11 a.m.



Enjoy free popcorn and soda while watching *San Andreas* on the BIG screen at Granados. Dwayne Johnson stars in this 2015 movie. Bring a friend and enjoy the movie.

"Be Prepared"

Thursday, September 22 at 11 a.m. - 12:30 p.m.

Learn the process concerning the end of life so your family is less stressed and your wishes are followed. Jose Martinez from **Gentiva Hospice** will present this information in an uplifting way and leave your mind at ease while getting your matters in order. A light lunch will be served during this free presentation. Please pre-register.

Celebrate Grandparent's Day

Friday, September 9 from 9:30 a.m. - 4 p.m.

Enjoy a piece of cake, courtesy of **Avionn Home Health Care**
Share pictures of your grandkids

Life after Loss Support Group

Thursdays, September 8 - October 13 from 10-11 a.m.

Learn how to deal with the flood of emotions when a loved one passes. This class is good for those who've lost a friend, close family member or even a pet. Camille Torrez from **Gentiva Hospice** will lead this 6 week support group.

Halloween Potluck

Monday, October 31 at 10 a.m.

Ghost, goblins, gorillas, oh my! What will you dress as? **Blanco Villa** and **Riverview Nursing and Rehab** will supply the costume contest prizes and play a special Halloween themed Bingo. Bring a dish to share with the other ghouls.

Hours of Operation:

Monday & Wednesday

8 a.m. - 7 p.m.

Tuesday & Thursday

8 a.m. - 8 p.m.

Friday

8 a.m. - 6 p.m.

The City of San Antonio welcomes adults 18 years of age and older to participate in a variety of social, educational, and recreational activities. Granados Adult and Senior Center is operated by the Parks and Recreation Department and is a place "where friends meet." The annual participation fee is \$7 for those 60 and older, \$15 for adults 18 to 59 years of age.

Staff

Nancy Durham

Stephanie Mercado

Michael Sandoval

Holiday Closure

Granados will be closed

Monday, September 5

In observance of
Labor Day



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Computer & Technology Classes

Computer Lab Monitor

One-on-one computer assistance is available on a drop-in basis by volunteer Sylvia Guerra on Tuesdays from 2 to 3 p.m. Free.

Register in advance for the following FREE computer classes.

Smart Devices

With volunteer George Sohocki, **A to Z Helpers**
Thursday, September 8 and October 6 between 1-2:30 p.m.
Receive free help with your smart device during a one-on-one 15 minute timeslot. Limited to a total of 6 people.

Computer Clinic - George Sohocki of A to Z Helpers

Thursdays, September 8 and October 6 from 2:30-3:30 p.m.
George will answer questions about computers and software in a group setting. You will NOT be working on a computer. Returning students can audit the class. Class size is limited.

Social Media Class

Keep up with your grandkids and learn how to use the latest technology. Michael will help you with Facebook, Snapchat, Twitter, and Instagram. Sign up in the registration book for your individualized session on Thursdays at 1 p.m.

Educational Programs

Medicare 101

Wednesday, September 14 at 10 a.m.

With Medicare Open Enrollment coming in October don't be confused with the changes. Learn the answers to your Medicare related questions and have fun along the way. Sylvia Zamarripa with **Aetna** will play music trivia and give out prizes during the talk.

Genealogy Presentation

Wednesday, October 12 at 10 a.m.

Learn how to research your family roots. Sylvia Reyna, Librarian and Genealogy specialist from the **San Antonio Public Library**, will give you tips and resources on how to get started.

AARP Smart Driver Class

Thursday, October 27, 12-4 p.m.

Jim Long teaches this low-cost class.

\$15 AARP Members / \$20 Non-Members

Pre-register by calling Granados at 207-3285.

Sudoku Puzzles

Wednesdays from 2-3 p.m.

Challenge your brain. Learn simple tricks to solve puzzles. Drop in any time and volunteer Lee Clark will help you.

"Write from the Heart"

Fridays, September 2, 9, 16 & Oct. 7, 14, 21 from 10-11 a.m.

Fun, thought provoking class with volunteer Lainie Flores. Reminisce and keep your brain active. Sharing your work with the class is optional; Sharing those memories with your family is encouraged.

Nutrition & Health Classes

Flu Shots

Don't get sick, get a shot. **Walgreens** will provide Flu Shots at Granados on Wednesday, September 28 from 9-10:30 a.m. Shots are free with your insurance card; \$31.99 without.

Nutrition FYI with the Food Bank

"Healthy Drinks" will be presented by **Food Bank** Nutritionist Melissa Rodriguez on Sept. 12 at 10 a.m. and "Not so Sweet Treats" on Oct. 17 at 10 a.m. Recipes and samples provided.

Fresh Start to a Healthy You

Wednesdays, October 5, 19, & 26 from 10 - 11 a.m.

Are you ready for a new, healthy you? Join Violeta Manzano from **AgriLife** to discuss new recipes, taste samples, and become a healthier you. Certificates awarded to attendees of all 3 classes.

Blood Pressure & Blood Sugar Checks

2nd Wed., September 14 & October 12 9:30-10:30 a.m.

4th Tues., September 27 & October 25 from 11 a.m. - 12 p.m.

FREE screenings by **Morningside Manor & Progressive Skilled Home Health**. Fasting not required but will be more accurate.

Fall Gardening

Get your containers ready and plant your fall crop during the week of September 6. Staff will be available to assist you.

Trips and Tours

Prior to registering for a trip, please check your schedule to ensure you are available to go.

September Outing

Fanick's Garden Center - Family strong for over 77 years

Thursday, September 1 from 10 a.m. - 12 p.m.

September Outing

Walk to End Alzheimer's at AT&T Center

Saturday, September 17 from 7-11 a.m.

Walk with us or donate to the Granados team

September Outing

Texas Transportation Museum \$6 Adults / \$5 Seniors

Friday, September 23 from 8:30 a.m. - 12 p.m.

Historically significant transportation equipment & related items

September Gourmets on the Go

Luna Rosa Puerto Rican Grill

Wednesday, September 28 from 10:30 a.m. - 12:30 p.m.

Authentic Puerto Rican cuisine located by Brooks City Base

October Outing

Viva - Culture Route \$2.75 for all day bus pass + Lunch money

Tuesday, October 11 from 9 a.m. - 1 p.m.

Ride the bus to see the most-visited sites & attractions

October Gourmets on the Go

Cookhouse: A New Orleans Restaurant

Friday, October 21 from 10:30 a.m. - 12:30 p.m.

Try dishes inspired by the various cultures of New Orleans

Granados 500 Freiling, San Antonio, TX 78213 (210) 207-3285 September 2016

| Monday 8 a.m.-7 p.m. | Tuesday 8 a.m.-8 p.m. | Wednesday 8 a.m.-7 p.m. | Thursday 8 a.m.-8 p.m. | Friday 8 a.m.-6 p.m. |
|---|---|---|---|--|
| 5  Center Closed in Observance of Labor Day | 6 8:15am Fun Walk 9am Canasta 10am Tai Chi 11am Sit & Stitch 11:15am Beg. Line Dance 12:30pm Gentle Fitness 1pm Open Art Studio 1:30pm Adv. Line Dancing 2pm Computer Lab Monitor 5:30pm Total Body Toning 6:45pm Boot Camp * Gardening Week September 6-9 | 7 9am Stretch & Flex 9:30am Cardio Fun 10am Pilates 10:30 Ensemble* 6 of 7 11am Guided Meditation 11:30am Voice * 6 of 7 12:30 FIP Belly Dance 1:30 FIP Caribe Rico 2pm Sudoku 2:30pm Arts & Crafts * 3pm Social Dance 3:30pm Crochet Group 5:30pm Fitness Dance | 1 / 8 8:15am Blitz 9am Beg Guitar 5 & 6 of 7* 10am Scrabble 10am Outing to Fanick's 9/1 10am Life after Loss on 9/8 10am Keyboard 5 & 6 of 7* 11am Int Guitar 5 & 6 of 7* 12:30pm Gentle Fitness 1pm Smart Devices on 9/8 * 1pm Facebook on 9/8 1:30pm Advanced Line Dance 2pm Open Art Studio 2:30 Computer Clinic on 9/8 * 5:30pm Total Body Toning 5:30pm Guided Fitness 6:45pm Boot Camp * | 2 / 9 9am Stretch & Flex 9:30am Cardio Fun 10am Write from the Heart 10am FIP Line Dancing 11am FIP Folklorico Fitness Dance 12:30pm Texas Hold 'Em 12:30pm Int./Adv. Line Dance Workshop September 9 - All Day Grandparent's Celebration Cake |
| 12 9am Stretch & Flex 9:30am FIP Modified Tennis 10am Nutrition FYI * Healthy Drinks 10:30am FIP Pickleball 11:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing | 13 8:15am Fun Walk 9am Canasta 10am Tai Chi 11am Sit & Stitch 11:15am Beg. Line Dance 12:30pm Gentle Fitness 1pm Open Art Studio 1:30pm Adv. Line Dancing 2pm Computer Lab Monitor 5:30pm Total Body Toning 6:45pm Boot Camp * | 14 9am Stretch and Flex 9:30am Cardio Fun 9:30 Blood Press / Sugar 10am Pilates 10am Medicare 101 10:30am Music Ens. 7 of 7* 11am Yoga 11:30am Voice 7 of 7* 12:30 FIP Belly Dance 1:30 FIP Caribe Rico 2pm Sudoku 2:30pm Arts & Crafts * 3pm Social Dance 3:30pm Crochet Group 5:30pm Fitness Dance | 15 8:15am Blitz 8:15am Fun Walk 9am Beg. Guitar 7 of 7* 10am Life after Loss 2 of 6 10am Scrabble 10am Keyboard 7 of 7* 11am Int. Guitar 7 of 7* 12:30pm Gentle Fitness 1pm Snapchat 1:30pm Advanced Line Dance 2pm Open Art Studio 5:30pm Total Body Toning 5:30pm Guided Fitness 6:45pm Boot Camp * | 16 9am Stretch & Flex 9:30am Cardio Fun 10am Write from the Heart 10am FIP Line Dancing 11am FIP Folklorico Fitness Dance 12:30pm Texas Hold 'Em 12:30pm Int./Adv. Line Dance Workshop 17 7am Leave for Alzheimer's Walk |
| 19 9am Stretch & Flex 9:30am FIP Modified Tennis 10:30am FIP Pickleball 11:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing | 20 9am Canasta 10am Tai Chi 11am Sit & Stitch 11:15am Beg. Line Dance 12:30pm Gentle Fitness 1pm Open Art Studio 1:30pm Adv. Line Dancing 2pm Computer Lab Monitor 5:30pm Total Body Toning 6:45pm Boot Camp * | 21 9am Stretch & Flex 9:30am Chair Volleyball 10am Pilates 11am Yoga 12:30 FIP Belly Dance 1:30 FIP Caribe Rico No Sudoku, Arts & Crafts, Social or Fitness Dance 3:30pm Crochet Group 5pm Talent Show * | 22 8:15am Blitz 10am Life after Loss 3 of 6 10am Scrabble 11am Be Prepared Seminar * 12:30pm Gentle Fitness 1pm Twitter 1:30pm Advanced Line Dance 2pm Open Art Studio 5:30pm Total Body Toning 5:30pm Guided Fitness 6:45pm Boot Camp * | 23 8:30am Outing to Texas Transportation Museum* 9am Stretch & Flex 9:30am Cardio Fun 10am FIP Line Dancing 11am FIP Folklorico Fitness Dance 12:30pm Texas Hold 'Em 12:30pm Int./Adv. Line Dance Workshop |
| 26 9am Stretch & Flex 9:30am FIP Modified Tennis 10:30am FIP Pickleball 11:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing | 27 9am Canasta 11am Blood Press/Sugar 10am Tai Chi 11am Sit & Stitch 11:15am Beg. Line Dance 12:30pm Gentle Fitness 1pm Open Art Studio 1:30pm Adv. Line Dancing 2pm Computer Lab Monitor 5:30pm Total Body Toning 6:45pm Boot Camp * | 28 9-10:30am Flu Shots* 9am Stretch and Flex 9:30am Cardio Fun 10am Pilates 10:30 Gourmets to Luna Rosa* 11am Yoga 12:30 FIP Belly Dance 1:30 FIP Caribe Rico 2pm Sudoku 2:30pm Arts & Crafts * 3pm Social Dance 3:30pm Crochet Group 5:30pm Fitness Dance | 29 8:15am Blitz 10am Life after Loss 4 of 6 10am Scrabble 12:30pm Gentle Fitness 1pm Instagram 1:30pm Advanced Line Dance 2pm Open Art Studio 5:30pm Total Body Toning 5:30pm Guided Fitness 6:45pm Boot Camp * | 30 9am Stretch & Flex 9:30am Cardio Fun 10am FIP Line Dancing 11am FIP Folklorico Fitness Dance 12:30pm Texas Hold 'Em 12:30pm Int./Adv. Line Dance Workshop <div style="border: 1px solid red; padding: 5px; display: inline-block;"> *pre-registration or fee required </div> |

Granados

500 Freiling, San Antonio, TX 78213 (210) 207-3285

October 2016

| Monday 8 a.m.-7 p.m. | Tuesday 8 a.m.-8 p.m. | Wednesday 8 a.m.-7 p.m. | Thursday 8 a.m.-8 p.m. | Friday 8 a.m.-6 p.m. |
|---|---|--|--|---|
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| 10 9am Stretch & Flex 9:30am FIP Modified Tennis 10:30am FIP Pickleball 11:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing | 11 9am Canasta 9am Outing on Viva Via* 10am Tai Chi 11am Sit & Stitch 11:15am Beg. Line Dance 12:30pm Gentle Fitness 1pm Open Art Studio 1:30pm Adv. Line Dancing 2pm Computer Lab Monitor 5:30pm Total Body Toning 6:45pm Boot Camp * | 12 9am Stretch & Flex 9:30am Cardio Fun 9:30 Blood Press/Sugar 10am Pilates 10am Genealogy * 11am Yoga 12:30 FIP Belly Dance 1:30 FIP Caribe Rico 2pm Sudoku 2:30pm Arts & Crafts * 3pm Social Dance 3:30pm Crochet Group 5:30pm Fitness Dance | 13 8:15am Blitz 9am Beg. Guitar 2 of 7* 10am Life after Loss 6 of 6 10am Scrabble 10am Keyboard 2 of 7 * 11am Int. Guitar 2 of 7 * 12:30pm Gentle Fitness 1pm Snapchat 1:30pm Adv. Line Dancing 2pm Open Art Studio No TBT or Boot Camp 5:30pm Guided Fitness 6:30pm DANA Meeting | 14 9am Stretch & Flex 9:30am Cardio Fun 10am Write from the Heart 10am FIP Line Dancing 11am FIP Folklorico Fitness Dance 12:30pm Texas Hold 'Em 12:30pm Int./Adv. Line Dance Workshop |
| 17 9am Stretch & Flex 9:30am FIP Modified Tennis 10am Nutrition FYI * Not so Sweet Treats 10:30am FIP Pickleball 11:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing | 18 9am Canasta 10am Tai Chi 11am Sit & Stitch 11:15am Beg. Line Dance 12:30pm Gentle Fitness 1pm Open Art Studio 1:30pm Adv. Line Dancing 2pm Computer Lab Monitor 5:30pm Total Body Toning 6:45pm Boot Camp * | 19 9am Stretch & Flex 9:30am Cardio Fun 10am Pilates 10am Fresh Start 11am Yoga 12:30 FIP Belly Dance 1:30 FIP Caribe Rico 2pm Sudoku 2:30pm Arts & Crafts * 3pm Social Dance 3:30pm Crochet Group 5:30pm Fitness Dance | 20 8:15am Blitz 9am Beg. Guitar 3 of 7 * 10am Scrabble 10am Keyboard 3 of 7 * 11am Int. Guitar 3 of 7* 11am Movie & Popcorn 1pm Twitter No Gentle Fitness 1:30pm Adv Line Dancing 2pm Open Art Studio 5:30pm Total Body Toning 5:30pm Guided Fitness 6:45pm Boot Camp * | 21 9am Stretch & Flex 9:30am Cardio Fun 10am Write from the Heart 10am FIP Line Dancing 10:30am Gourmets to Cook House* 11am FIP Folklorico Fitness Dance 12:30pm Texas Hold 'Em No Int./Adv. Line Dance |
| 24/31 9am Stretch & Flex 9:30am FIP Mod Tennis No Tennis 10/31 10am Halloween Potluck on 10/31 * 10:30am FIP Pickleball No Pickleball 10/31 11:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing | 25 9am Canasta 11am Blood Press/Sugar 10am Tai Chi 11am Sit & Stitch 11:15am Beg. Line Dance 12:30pm Gentle Fitness 1pm Open Art Studio 1:30pm AMOB 1 of 8 * No Adv. Line Dancing 2pm Computer Lab Monitor 5:30pm Total Body Toning 6:45pm Boot Camp * | 26 9am Stretch & Flex 9:30am Cardio Fun 10am Pilates 10am Fresh Start 11am Yoga 12:30 FIP Belly Dance 1:30 FIP Caribe Rico 2pm Sudoku 2:30pm Arts & Crafts * 3pm Social Dance 3:30pm Crochet Group 5:30pm Fitness Dance | 27 8:15am Blitz 9am Beg. Guitar 4 of 7 * 10am Scrabble 10am Keyboard 4 of 7 * 11am Int. Guitar 4 of 7 * No Gentle Fit or Adv Line Dance 12pm AARP Smart Driver * 1m Instagram 2pm Open Art Studio 5:30pm Total Body Toning 5:30pm Guided Fitness 6:45pm Boot Camp * | 28 9am Stretch & Flex 9:30am Cardio Fun 10am FIP Line Dancing 11am FIP Folklorico Fitness Dance 12:30pm Texas Hold 'Em 12:30pm Int./Adv. Line Dance Workshop <div style="border: 1px solid red; padding: 5px; text-align: center;">*pre-registration or fee required</div> |

Health and Wellness Programs *Please be courteous and wait for classes to finish before entering the room.*

Get Fit at Granados!

Mix and match during the week for a total body workout. *Check with your physician before starting a new exercise program.*

Stretch & Flexibility

Increase flexibility, energy level, and tone your muscles. Low intensity.

Date: Monday, Wednesday & Friday

Time: 9-9:30 a.m.

Cost: **Free**



Cardio Fun

A moderate intensity workout to get your heart rate up while having fun.

Date: Wednesday & Friday from 9:30-10 a.m.

Cost: **Free**

FIP Modified Tennis

A new way to play tennis indoors.

Date: Mondays from 9:30-10:30 a.m.

Cost: **Free**

FIP Pickleball

Learn to play this fun paddle sport indoors and get your heart rate up.

Date: Mondays from 10:30-11:30 a.m.

Cost: **Free**

Fitness Dance (Similar to Zumba)

Incorporate dance moves that will have you burning calories.

Date: Mondays from 5-5:45 p.m.

and Wednesdays from 5:30-6:30 p.m.

Volunteer Instructor: Rosie Diaz

Cost: **Free**

Evening Line Dancing

Beginning to intermediate level.

Date: Mondays from 6-7 p.m.

Volunteer Instructor: Mary Stahl

Cost: **Free**

Tai Chi Chuan

Slow-motion, meditative exercises to help with relaxation, balance, and health.

Date: On-Going, Tuesdays, 10-11 a.m.

Volunteer Instructor: Cathy Pedraza

Cost: **Free**

Ultra Beginning Line Dance

Learn simple line dances in a fun, relaxed atmosphere. Partners are not needed.

Date: Tuesdays, 11:15 a.m.-12:15 p.m.

Volunteer Instructor: Barbara Humlicek

Cost: **Free**

Gentle Fitness

Similar to Stretch & Flex. Combine seated and standing exercises to increase balance and flexibility. Low intensity.

Date: Tuesday & Thursday, 12:30-1 p.m.

Cost: **Free**

Advanced Line Dancing

Practice a variety of dances with little instruction given. Advanced level.

Date: Tuesday & Thursday, 1:30-3:30 p.m.

Volunteer Instructor: Letty Gonzales

Cost: **Free**

Total Body Toning (Step Aerobics)

Moderate to high intensity class using steps.

Bring light hand-weights & a mat.

Date: Tuesday & Thursday, 5:30-6:30 p.m.

Volunteer Instructors: Blanca Espinosa,

Yoli Perez, Nati Rodriguez

Cost: **Free**

Boot Camp & Cardio

High intensity class using a variety of techniques for a full body workout.

Date: Tuesday & Thursday, 6:45-7:45 p.m.

Instructor: Nati Rodriguez

Cost: **\$4 per class**

Pilates- Whole Body Fitness

Focus on core strength, flexibility and increased range of motion. Adaptable to many fitness levels. Bring a mat.

Date: Wednesdays, 10-11 a.m.

Volunteer Instructor: Adiba Twigg,

Personal Wellness Coach

Cost: **Free**

Yoga for All Levels

Lower your blood pressure and stress level.

Modifications are made so you don't have to lie on the floor. Bring a mat and towel. Date:

Wednesdays, 11 a.m.-12 p.m.

Volunteer Instructor: Adiba Twigg

Cost: **Free**

Guided Meditation & Yoga

Per your request, Adiba will lead a guided meditation session once a month followed by Yoga. September 7 & October 5 at 11 a.m.

FIP Belly Dance Exercise

Relax your mind as well as your body and work seldom used muscles. Class is low to moderate intensity and held indoors.

Date: On-Going, Wednesdays, 12:30-1:30pm

Instructor: Yirla Ayala, FIP

Cost: **Free**

FIP Caribe Rico Moderno

Dance Exercise

Cardio class with a Latin flare. Moderate to high intensity, held indoors.

Date: On-Going, Wednesdays, 1:30-2:30pm

Instructor: Yirla Ayala, FIP. Cost: **Free**

Social (Ballroom) Dancing

Partners are not required and all levels are invited to begin at any time.

Date: Wednesdays, 3-4 p.m.

Volunteer Instructors: Lee Clark, Sandy Hu

Cost: **Free**

Guided Fitness

Let Michael help you with a **New** workout routine in the Fitness Room.

Date: Thursdays, 5:30-6:30 p.m.

Cost: **Free**

FIP Line Dancing

Aimed at the beginning to intermediate line dancer. Warm up and stretch then learn popular dances in easy to learn steps. Class held indoors.

Date: Fridays, 10-11 a.m.

Instructor: Bianca Mendoza, FIP

Cost: **Free**

FIP Folklorico Fitness (Zapateado)

Introduction to Mexican Folklorico. Dance shoes or skirt not required. Dance away calories while gaining fun & fitness! Moderate Intensity. Class held indoors.

Date: Fridays, 11 a.m. to 12 p.m.

Instructor: Bianca Mendoza, FIP

Cost: **Free**

Line Dance Workshop

Practice a variety of dances geared for intermediate to advance dancers.

Date: Fridays, 12:30-3:30 p.m.

Instructor: Letty Gonzales

Cost: **Free**

Fitness Room

Available during regular center hours. Ask staff for assistance before using the equipment for the first time.

Please sign the clipboard each use.

3 Treadmills • Dumbbells • Seated Stepper

Multi-Station Gym • Semi-recumbent bike

Chair Volleyball

Wednesday, September 21, 9:30-10 am

Work up a sweat and stretch your muscles during this fun game.

FIP Classes



Reminder: Fitness in the Park (FIP) classes at Granados are open to adults 18+ years of age, no registration required and no membership fees, mostly held indoors. Call 207-3285 for more information.

Arts and Crafts

Acrylic Painting Class

Mondays, On-Going, from 2-4 p.m.

Bring your painting supplies & learn to paint. Cost is \$15 per month, payable to instructor Lillie Baltazar.

Sit & Stitch

Tuesdays, Sept.6-Oct. 25, 11 a.m.-12:30 p.m.

Celebrate yarn in all its forms as volunteer Monica Salyer teaches how to make "Plarn" or bring your own project. Drop in any time. This craft is budget and Earth friendly.

Open Art Studio

Tuesdays, On-Going from 1-3 p.m. and

Thursdays, On-Going from 2-5 p.m.

Discover your creative side by painting or using this time and space to finish your other craft projects. Instruction is not provided. Bring your own supplies.

Arts & Crafts with Stephanie

Wednesdays at 2:30 p.m.

Check the sign-in book for supply list. Pre-register.

September

7 - Clothespin Trivets

14 - Popsicle Stick Bracelet

21 - No Crafts

28 - Fruit Holder

October

5 - Dryer Vent Pumpkin

12 - Ribbon & Tulle Wreath

19 - Fascinator

26 - Fall Mason Jar

Crochet Group

Wednesdays at 3:30 p.m.

Enjoy chatting while making items for the wounded warriors.

Volunteer instructors are Gloria Castillo and Karen Smiley.

Donations of yarn are always welcome.



Music Classes

Session 6: October 6– December 15

Fee per Session: \$30 Adults 60+; \$60 Adults 18-59

Thursdays - Instructor: Javier Garcia

* *Beginning Guitar*.....9 to 10 a.m.

* *Keyboarding*.....10 to 11 a.m.

* *Intermediate Guitar*...11 a.m. to Noon

National Night Out

Tuesday, October 4 from 6-8 p.m.

Dellview Park, 507 Basswood St.

Meet your neighbors, enjoy food and entertainment, and learn about local resources

Free

Cards and Games

Mah Jongg

Date: Mondays

Time: 11:30-2:30 p.m.

"No Frills" Bunco

Date: Mondays

Time: 1-2:30 p.m.

Bingo

Date: Mondays

Time: 2:45-3:45 p.m.

Canasta

Date: Tuesdays

Time: 9 a.m.-Noon

Blitz

Date: Thursdays

Time: 8:15-10 a.m.

Scrabble

Date: Thursdays

Time: 10 a.m.-Noon

Texas Hold 'Em

Date: Fridays

Time: 12:30-3:30 p.m.



A Round of Applause to...

Brookdale Castle Hills for Father's Day BBQ; **Brookdale Patriot Heights** and **Lions Field Ukulele Ladies and Gents** for Luau Potluck; **Blanco Villa** for watermelon; Alicia Jaks of **Morningside Manor** and Erica Naranjo of **Progressive Skilled Home Health** for Blood Pressure/Sugar checks; Kori Kovacs of **Jamberry** and Lisa Autry of **Avionn Home Health Care** for July 4th potluck; George Sohocki-**A to Z Helpers** for Smart Devices & computer classes; **S.A. Food Bank**-Melissa Rodriguez for Nutrition FYI; Adiba Twigg, **Personal Wellness Coach**, for Pilates & Yoga; and our wonderful instructors & volunteers-Jean & Richard Arredondo, Alfredo Avila, Yirla Ayala, Lillie Baltazar, Del Brau, Sylvia Braye, Hilda Brown, Diana Canavan, Gloria Castillo, Lee Clark, Rosie Diaz, Gene & Anna Eng, Blanca Espinosa, Javi Garcia, Letty Gonzales, Sylvia Guerra, Suzy Hawks, Brian Henderson, Sandy Hu, Barbara Humlicek, Ann Koch, Mae Kotzur, Jim Long, Pat Lopez, Tera Marshall, Bianca Mendoza, Roger Montalvo, Emma Moya, Roger Ojeda, Lupe Pacheco, Cathy Pedraza, Yoli Perez, Nati Rodriguez, Monica Salyer, Karen Smiley, Dolores Yruegas. **THANK YOU !!!**

Thank You Line Dance Instructors

Thanks are extended to Sylvia Braye and Gene & Anna Eng for teaching beginning line dance classes this year. Unfortunately, their schedules don't allow them to continue. Thanks for teaching us that even people with two left feet can dance! You'll be missed.

A big welcome to Barbara Humlicek who will teach the new Ultra Beginning Line Dancing class on Tuesdays at 11:15 a.m. and a welcome back to Mary Stahl who will teach Mondays at 6 p.m.

Remember: Your membership is also good at Lions Field Adult and Senior Center at 2809 Broadway (210) 207-5380, The Commander's House Adult and Senior Center at 622 S. Flores (210) 207-3010, and the Virginia Gill Community Center at 7902 Westshire (210) 207-3237.



City of San Antonio facilities are accessible. Requests for interpreter services must be made 48 hours prior to meetings. Call 207-8570 for Voice/TTY assistance.



PARKS & RECREATION
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